CALGARY metro®

NEWS WORTH SHARING.

Calgary's Hottest Outdoor Festival

18th ANNIVERSARY EXPO LATINO.com

Prince's Island Park August 22, 23 & 24

TICKETS: ONLINE, SAFEWAY & CO-OP

AUTOPSY FUELS SUSPICION

UNARMED BLACK TEEN KILLED BY OFFICER IN U.S. MAY HAVE HAD HIS HANDS RAISED DURING SHOOTING, SAYS PATHOLOGIST PAGE 10

Start your home search with one of Calgary's top builders.

EXCEL HOMES 25 YEARS

excelhomes.ca

Urban chicken pilot project could still take flight

'Hen-archy' or no?

Councillors likely to bring motion later this year

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Allowing Calgarians to keep cluckers in their backyards to provide a source of food could be back on the table before the year's out if two city councillors have it their way.

Ward 5 Coun. Ray Jones confirmed to Metro on Monday that he and Ward 9 representative Gian-Carlo Carra are preparing a notice of motion that would propose an urban chicken pilot project not unlike one shot down by city council in 2010.

Jones said he wasn't convinced of the merits of such a poultry program until he did a tour of a few sites last year that operate quietly, away from the eyes of city bylaw officers. Fines for keeping livestock in the city can run up to $200.

"You'd be surprised how many people in the city of Calgary are raising chickens in their backyards and their neighbours don't know," Jones said.

"It's not really a big deal. People do like their fresh eggs.... They're not as annoying as people might think. There are other cities in Canada that are doing it."

On Monday, the City of Edmonton approved its own urban chicken project, and the early details indicate a dozen families will be given the freedom to house a few hens in backyard coops as early as this fall. The hope in that city is to use the pilot to develop a broader bylaw.

But Paul Hughes, likely Calgary's most recognized poultry activist, said he hopes city officials fly past a trial run and instead issue provisional licences to keep hens for, say, a year and then review and "tweak" the offering as necessary.

"This isn't going to be for everyone — you're not going to have hens running around everywhere," he said. "It's not going to be 'hen-archy' or anything like that."

Hughes said a six-hen herd, such as the one he had, provides a steady supply of four to six fresh eggs daily.

Jones couldn't commit to a date for bringing a motion forward but said it would likely be before the year is out.

"We still have to get some of our ducks in a row," he said. "Or, should I say our clucks in a row?"

WITH FILES FROM RYAN TUMILTY/METRO IN EDMONTON

TRAVELLING BACK IN TIME

From left: Pat McKenna and Lynn and Ray Fowler use a 1914 Studebaker Model SD4 to recreate a historic Palliser postcard before they depart on their journey to travel the route of Alberta's first official road guide, published in 1914. Story, page 6. CANDICE WARD/FOR METRO

The inside is so Exciting

YOU MIGHT HAVE TO USE YOUR OUTSIDE VOICE

2014 RAV4 AWD Limited
Shown: $33,210 MSRP†

RAV4's premium interior with available French stitching lets you travel in comfort, wherever you go.

RAV4 Starting from $23,870†

TOYOTA
toyota.ca

†MSRP of $23,870 is for a new 2014 RAV4 FWD LE (ZFREVT). MSRPs do not include freight and PDI ($1,690), license, insurance, registration, applicable taxes, AC charge, levies and fees. Dealer may sell for less.

SOUTHLAND
safely home

Welcome to your new office.

Southland Transportation has been operating in the Calgary area for over 40 years. We've grown along with this great community, and with this growth, we now have an opportunity for you to join our family!

We're looking for 75 drivers to help transport our children Safely Home.

- Work part-time hours
- Have summer, weekends and holidays off with your family
- Remain an active part of your community
- Make a difference in a child's life

Apply Now! Call 403-253-9322 or visit our website at www.southland.ca

Cochrane

Charges pending against man who allegedly wielded firearm, longbow

Charges are pending against a man who tore through the community of Cochrane on Sunday evening allegedly armed with a firearm and longbow.

A man dressed in camouflage was first spotted in the early evening near the town skate park.

RCMP officers responded to a call about him and gave verbal commands from 30 metres away. The man ignored police and wandered into the forest toward the Bow River. Cochrane RCMP searched for the man with armed officers, a helicopter and an emergency response team from Calgary.

"I'm sure the situation was very frightening," said RCMP Cpl. Mel Calahasen in an interview Monday. "You have a situation with helicopters flying in the air, and you have armed police officers and emergency response teams, we have the area barricaded, members of the community were told to remain in their houses. For a citizen, it was very frightening."

Information from residents within the community eventually led police to a home where the suspect had been holed up. The officers were able to peacefully arrest the suspect.

Two charges of possessing a weapon dangerous to the public were expected to be laid and more could follow, Calahasen said.

"Right now we're in the process of getting a search warrant for the property, and we're looking at going in there now," said Calahasen.

KEN VAN DE WALLE/FOR METRO

Furgala's family still looking for justice

Died in custody.
Mother of victim says family has rejected offer of cash settlement

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Questions remain about the death of Calgary father Jeffrey Furgala, who was found unconscious in a jail cell in Belize in January 2013. METRO FILE

Family members of a Calgary man who died while in the custody of Belize police in early 2013 say they've rejected an offered cash settlement from the country's government and plan to proceed to trial over claims of negligence.

Jeffrey Furgala, 35, was on vacation in the South American country with his girlfriend the night of Jan. 26 when he was detained by San Ignacio police over claims he was heavily intoxicated.

But family members, including mother Fern Tiberio, have insisted that Furgala was injured earlier in the night and was suffering from the after-effects when he was apprehended.

She said her son was ignored after being put behind bars.

Furgala was found unconscious with a bloody nose in his cell the following morning and rushed to hospital. He was pronounced dead a few days later.

Tiberio and her son Chris Furgala have now steered efforts to file legal action against San Ignacio authorities, claiming negligence on the basis that he wasn't checked every 45 minutes as specified by Belizean law.

The family has retained a lawyer who's working to obtain witness accounts of Furgala's final movements.

They were recently presented a cash settlement that they were told would likely require the signing of a non-disclosure agreement.

Furgala's family held a meeting earlier this month to discuss the offer, but it was unanimously rejected, Tiberio told Metro on Monday.

"I don't want money. If you could give me my son back, then we've got a deal," she said.

It's now believed a pretrial hearing will take place in Belize next month. Family members plan to be in attendance when the matter advances to an actual trial.

"This is a lot about letting this slide under the carpet or blow away in the wind," Chris said. "This is about taking this trial to the full depths and all the way to the end and making sure somebody is responsible and somebody is reprimanded.

"They left him for nine hours with not a chair to sit on, not a drink of water. It's going to take years and I don't care.... I don't want an apology; I want accountability."

The claims from Furgala's family members have not been proven in court.

Questions linger

Metro made contact with a representative in Canada's Foreign Affairs department Monday and posed questions about the Furgala case, but no one responded with a comment on the matter by press time.

- Media reports from Belize have indicated Furgala was one of several men to die in police custody in San Ignacio over a year-long period.

Your GoodLife Club is
COMING SOON
DEERFOOT MALL 24/7 CO-ED CLUB 901-64 Avenue NE
587-538-1700
goodlifefitness.com/newclubs
NO JUDGEMENT®
Everybody Welcome
GET 8 WEEKS FREE!
NO MONEY DOWN. NO ENROLMENT!*
(On a 2 year membership) Limited Time Offer
GoodLife FITNESS
Proudly Canadian
*Based on the purchase of a 2 year membership. Bi-weekly payments will commence based on your start date after club has opened. Promotion valid at Calgary Deerfoot Mall Co-Ed Club only. Applicable tax applies. No additional fees are required above the membership fee. Membership fees vary based on club and selected membership option chosen. Limited time only. Please check goodlifefitness.com or with club for hours of operation. Other conditions apply, see club for details.

Two signs like these have been put up on a Varsity-area green space in opposition to a planned special-needs school due to be developed and opened by September 2016. JEREMY NOLAIS/METRO

'We believe there are better sites,' Varsity resident says

Christine Meikle School. Reyn Johnson says he wants to keep the park where a new facility would be built

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Reyn Johnson says he couldn't care less about property value.

But his favourite feature of the Varsity home he's shared with his wife for 30 years is the park out back.

Unlike many of his neighbours, Johnson didn't opt for a fence along the back edge of his property, instead sprucing up the spot with a simple white awning. From his yard he can see a ball diamond and a hill that kids use for tobogganing in the wintertime.

Now, however, the Calgary Board of Education has announced contentious plans to erect a $24-million replacement Christine Meikle School for special-needs students on some of the land Johnson treasures.

Last week, Metro learned of a lawsuit filed by 30 residents in the area claiming that the park space should be returned to the City of Calgary as the CBE once deemed it surplus to its needs.

Johnson hasn't added his name to the statement of claim but said he supports it in principle.

"The park should be maintained for many, many years for many, many kids," he said. "When we get into spring and these kids come out and start playing, it's the sounds of summer that we love having. It has been fabulous."

The Johnsons, however, say they're in a pickle. They know of the heated criticism that's swelled online since word of the lawsuit surfaced and believe "without question" the 75 kids housed in the current Meikle facility deserve a new facility.

But part of their contention is what they perceive as poor communication from the CBE. Johnson said he was never made aware that the park his house borders on is actually a future school site. He only learned of the upcoming construction when land surveyors began assessing a utility line just feet from his backyard in late May.

The Johnsons attended a presentation earlier this month at the CBE's downtown headquarters but said they weren't allowed to ask questions.

"This makes us look bad ... but we believe there are better sites, more equipped, still close to the (Alberta) Children's Hospital," Johnson said.

None of the claims in the lawsuit against the CBE have been proven in court. The public board has not commented on the lawsuit but previously conceded that more can be done to make communities aware of the land they own.

Plaintiffs named in the lawsuit have also declined to comment. Metro knocked on the doors of eight homes along two streets that are listed in the statement of claim but most residents weren't home Monday. One woman who answered the door advised Metro to "read (the lawsuit) very, very carefully" and said it has nothing to do with the nature of the facility being constructed.

"We don't want anything built there; it's a park," she said, before quickly shutting the door.

The lawsuit seeks an injunction to halt development of the new school — CBE officials had hoped to have the facility ready by September 2016 — and to have the land turned back to the city and designated reserve land.

Plaintiffs are also seeking compensation for "diminution" of property values and exemplary damages for the "high-handed conduct" of the school board.

END OF SUMMER
THE SAMPLE SALE GUYS
THESAMPLESALEGUYS.COM
DESIGNER CLOTHING SALE
AUGUST 21-24, 2014
4 DAY SALE
OPEN TO THE PUBLIC
UP TO 80% OFF
THURSDAY AUG 21 (11AM - MIDNIGHT)
FRIDAY AUG 22 (11AM - MIDNIGHT)
SATURDAY AUG 23 (11AM - 10PM)
SUNDAY AUG 24 (11AM - 8PM)
WOMENS & MENS CLOTHING
MICHAEL KORS, SUPER DRY, TOM SHOES, KATE SPADE, WILD FOX, NUDIE, GSTAR, TRUE RELIGION, RAG + BONE, DIESEL, ROCK REVIVAL, HAVAIANAS, AG, SEVEN FOR ALL MANKIND, HUDSON JEANS, VINCE, FRED PERRY, LACOSTE, VERSACE, LOVE PEACE WORLD, BENCH AND MORE.
BLOWOUT PRICES
10,000 PAIRS
OF WOMENS SHOES (SIZES 6-7)
ADDED TO THE CLOTHING SALE
SAM EDELMAN, NATURALIZER, FRANCO SARTO, BCBG, JESSICA SIMPSON, DR SCHOLLS, LUCKY BRAND, FERGIE, VIA SPIGA AND MORE.
10% OFF WITH THIS AD
*CASH ONLY . SOME RESTRICTIONS APPLY
VISA MasterCard CASH
Days Inn CALGARY SOUTH
3828 MACLEOD TRAIL
CALGARY, AB
INFO: 587.887.2377
THESAMPLESALEGUYS.COM

Intruder sought sexual favours at bible college, says president

RCMP say they've narrowed in on a "person of interest" after students at a central-Alberta college were sexually assaulted early Sunday.

The incident occurred at the Prairie Bible Institute in Three Hills shortly after 7 a.m.

Const. Seth Adair said a man caught on surveillance camera broke into the facility and sexually assaulted students staying in dormitories. Many of the students were still asleep at the time of the incident, he said.

"They weren't violent attacks by any means but nonetheless we're treating it very seriously," Adair added.

College President Mark Maxwell said in a statement the suspect "proceeded to make contact with several students, touching limbs and asking for sexual favours."

Maxwell later added, "We have kept the students informed throughout the day as best we can. We have encouraged them to be in contact with their families to inform them firsthand of the day's events.

"It is unsettling that this incident occurred during the freshman orientation weekend. We are, however, grateful for the quick RCMP response and the way students, who are new to this community, have worked together with police and rallied around one another."

Quoted

"It is unsettling that this incident occurred during the freshman orientation weekend."

Mark Maxwell, Prairie Bible Institute president

RCMP released a surveillance camera image late Monday, and Adair said tips have been coming in from around the province.

It's believed the suspect fled the area on a bicycle, but Adair declined to specify how long he was inside the dorms.

The suspect is described as six feet tall with a heavy build. He was wearing a dark green skull-cap toque, a black jacket, jeans, white shoes and had a possible tattoo on the right side of his neck.

Police released a photo of the "person of interest." RCMP/THE CANADIAN PRESS

JEREMY NOLAIS/METRO

What's your vision for West Eau Claire Park?

West downtown redevelopment. The city wants your input

CANDICE WARD
calgary@metronews.ca

Whether it is adding more green space or recreation facilities to West Eau Claire Park, the city wants to hear from you.

The area undergoing redevelopment is located along the Eau Claire Promenade from the Louise Bridge (10th Street S.W.) to Eau Claire Plaza.

The city hopes community involvement will help direct the redevelopment in a way that will attract more visitors to the area and keep the ones who already frequent the park.

But for some park-goers, the park is fine already.

"I love it the way it is," said Karen McManus, who walks the park twice a day.

McManus said she moved to Calgary more than a year ago and the walk along the river near Eau Claire is one of the best parks in the city.

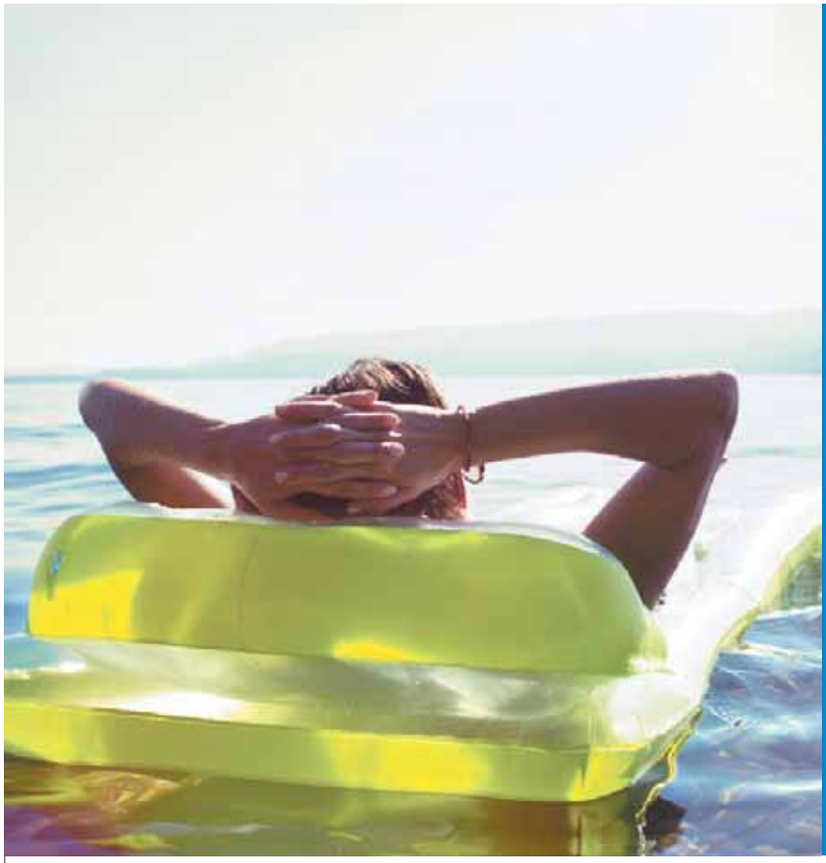
For others, the area could use a bit more of a child-friendly update.

"Maybe it would be nice if the splash park in Eau Claire got an update," said Hayleigh Smith, who is a nanny for a family who lives in the area.

Express yourself

To have your say, place your comment in the comment box on the sounding board (wood structure) just south of the Peace Bridge, or online at calgary.ca/westeauclaire.

The sounding board in West Eau Claire Park is one of the ways people can have their say on the park's future. CANDICE WARD/FOR METRO



Switch your banking to BMO®.
Get up to $300*.
And relax.

Follow these three easy steps to $300.

Step 1: Open a chequing account and set up a recurring deposit. **Get $100.**

Step 2: Set up a Pre-Authorized Payment and login to BMO Online or Mobile Banking. **Get $100.**

Step 3: Open a savings account and deposit at least $3,000. **Get $100.**

Offer ends August 31, 2014.
Visit a branch or bmo.com/300cash for details.

/BMOcommunity @BMO

BMO Bank of Montreal

*Additional terms and conditions apply. Full details are available at bmo.com/300cash, or visit any BMO branch. Offer is available from June 1, 2014, – August 31, 2014. You have the opportunity to earn up to $300 in cash bonuses when you open a new Chequing Account and Savings Account (defined below). To qualify for the first $100 cash bonus, you must open a new Primary Chequing Account ("Chequing Account") with a Plus, Performance or Premium Plan, make a deposit by August 31, 2014 AND set up a recurring direct deposit from your employer or pension and have a direct deposit transaction credited to the Chequing Account by October 31, 2014. To qualify for the second $100 cash bonus you must setup a pre-authorized bill payment, have it debited from the Chequing Account by October 31, 2014 AND sign up for and log in to BMO Online or Mobile Banking by October 31, 2014. (both bonus offers collectively "Chequing Account Bonus"). An additional $100 cash bonus is available if you qualify for the Chequing Account Bonus and open a new Smart Saver Account or Premium Rate Savings Account (collectively "Savings Account") and maintain a balance of at least $3,000 in the Savings Account until December 31, 2014. Cash bonus(es) for the Chequing Account offer will be credited to the Chequing Account by December 31, 2014. Cash bonus for the Savings Account offer will be credited to the Chequing Account by February 28, 2015. Offers may be changed, withdrawn or extended at any time without notice. ® Registered trade-marks of Bank of Montreal.

Victim in her 20s. Alleged sexual assault not random, say police

Calgary police are investigating an alleged sexual assault in the city's southeast.

The incident occurred early Monday in the 6200 block of 17th Avenue S.E. and it's not believed to have been random. Investigators believe the alleged attacker and victim had met up previously.

A woman in her early 20s was transported to hospital for examination and then released.

One person was taken into custody but released pending further investigation, police said.

No charges have been laid, but police continue to speak to witnesses.

Anyone with information is asked to contact police at 403-266-1234 or Crime Stoppers.

METRO

B.C. lake

Shuswap victim believed to be from Calgary

RCMP have confirmed that the body of a boater who went missing on Shuswap Lake in B.C. over the weekend has been found.

The man went missing on Saturday night after a boat crash at Hungry Cove. According to NewsTalk, the 51-year-old is from Calgary, but police are not identifying him yet.

Two dogs and another man were rescued.

The cause of the crash is currently under investigation. METRO

Castor deaths

Family slaying suspect appears briefly in court

A central Alberta man accused in the deaths of three family members has made his first court appearance.

Jason Klaus, 38, was charged on the weekend in the slayings of his parents, Gordon and Sandra Klaus, and his sister Monica Klaus. RCMP say they were killed in a house fire in Castor last December.

Klaus, also from Castor, and his friend Joshua Frank are both charged with first-degree murder and arson.

They appeared in court via closed-circuit TV and are to remain in custody until their next appearance in Red Deer on Sept. 17.

Klaus kept his head bowed as the charges were read, and Frank showed no emotion.

THE CANADIAN PRESS

No life-jackets

Three teens drown on reserve: RCMP

It appears that three teens have drowned in northern Alberta.

RCMP say the three, aged 14, 15 and 16, were swept away by the current during a family swim Saturday on the Fox Lake reserve.

Police say all three bodies have been recovered from the river.

The names of the teens are not being released.

THE CANADIAN PRESS

NDP. Alberta leadership contender Rachel Notley releases priorities

Alberta NDP leadership contender Rachel Notley has released her top priorities if she should win the job in October.

Notley says she wants to help build a modern, progressive Alberta that provides people with quality health care.

Her other priorities are a modern, effective education system, a transition to cleaner energy and more community infrastructure to help the province's growing population.

She says the long-ruling Progressive Conservatives are out of touch with people, and voters are ready for a change.

Notley says she thinks the NDP is well-positioned to provide Albertans with a viable alternative to the PC and Wildrose parties.

David Eggen and Rod Loyola are also running to replace current NDP Leader Brian Mason.

"I really believe that Albertans' values have moved beyond those of both conservative parties and in fact they are looking for a more progressive, forward-looking government with a different vision," Notley said Monday. THE CANADIAN PRESS

Crime

Senior sentenced for breaching securities laws

An Alberta provincial court has sentenced a 70-year-old Calgary man to 27 months in prison after finding him guilty on 12 counts of breaching Alberta securities laws.

Among the offences, Robert Andrew McPherson was found guilty of trading in securities without being registered and breaching a 2006 Alberta Securities Commission order banning him from trading in securities and acting as an officer or director of any issuer.

THE CANADIAN PRESS

Travelling history lovers hit a bump in the road

100 years on. Blown tire won't stop team from journeying along the route of the first provincial road guide

Ray Fowler, Pat McKenna and Lynn Fowler sit aboard a 1914 Studebaker Model SD4, preparing to depart on their journey to travel the route of Alberta's first official road guide — published in 1914 — to Edmonton. CANDICE WARD/FOR METRO

Right as the journey to travel Alberta's first-ever road guide was set to begin, Ray Fowler's team hit its first speed bump.

Fowler, his wife Lynn and fellow history buffs were set to hit the road Monday afternoon to travel the route of the first Alberta Road Guide from Calgary to Edmonton when the wheel of their 1914 McLaughlin Model B25 broke.

"The whole wheel just blew up," said Fowler.

"Pretty much the worst thing that could happen, but fortunately it happened right here in the parking lot."

The team was set to depart from the Fairmont Palliser on Monday morning and travel three-and-a-half days to Edmonton.

Thankfully half of the team was able to get started in a 1914 Studebaker Model SD4, with Fowler aiming to have his car repaired before the second day of travel in Carstairs.

Journeying along the route of the Alberta Road Guide — published in 1914 — the team plans on avoiding pavement where at all possible and travelling on as much of the original trail that still remains.

Fowler said about 100 kilometres of the route will be composed of the original road.

The journey will end with a wrap party at the original Edmonton post office, which is now the Chianti Café and Restaurant.

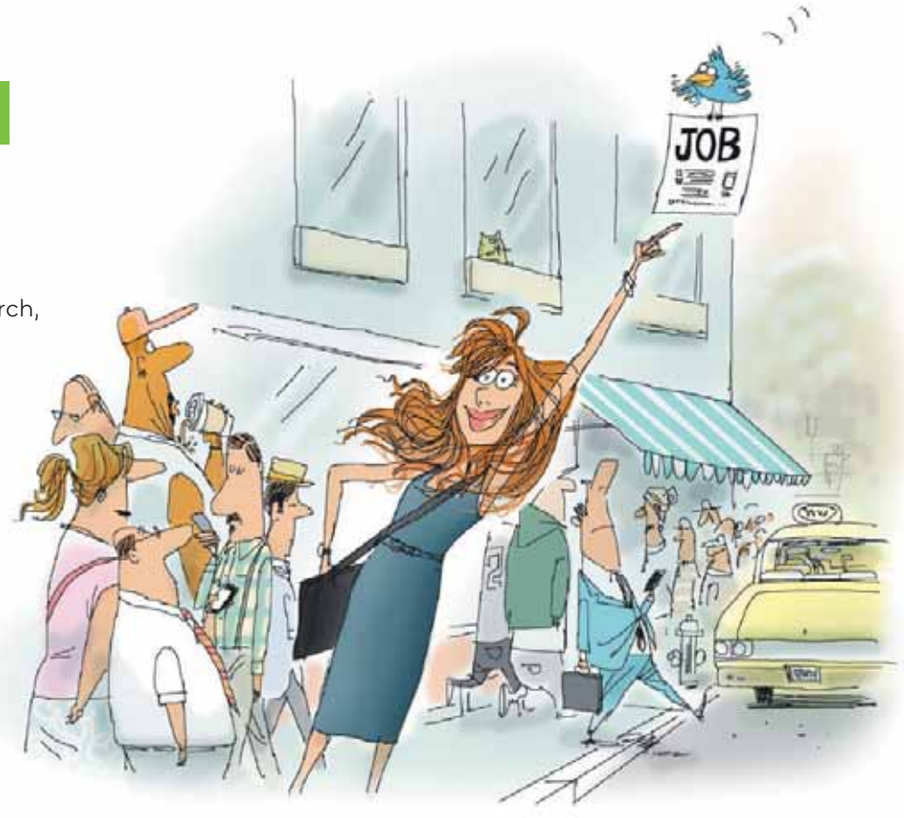
CANDICE WARD/FOR METRO

Just say a little bird told you.

Follow us on Twitter and the job opportunities will follow you everywhere.

With custom Twitter feeds, our Facebook job search, and Job Alerts, you always know when there's an opportunity in the air. It's what makes Workopolis Canada's number one job site.

workopolis.com @workopolis



WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending July 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

FASHION - FOOTWEAR - HOME DÉCOR

GRAND OPENING

KINGSLAND
AUGUST 21 AT 9:00AM

THE FIRST 300 SHOPPERS IN LINE WILL RECEIVE A $10 GIFT CARD.*

marshallscanada.ca /marshallscanada #lovemarshalls

7337 MACLEOD TRAIL SE,
SOUTH OF 71 AVE. SW

*SEE STORE FOR DETAILS

Marshalls®

Winter will be miserable.
You don't have to be.
Book your vacation early to lock in the lowest price*.

The WestJet Vacations Price Guarantee is back and like no other. Book your vacation package early and if the price drops after you book, we'll refund you the difference in WestJet dollars (excluding taxes and fees). The best part is you can take advantage of our Price Guarantee an unlimited number of times, with no refund maximum, up to 21 days prior to departure.

Limited time offer.
Book now at **westjetvacations.com**

WESTJET vacations

*Offer valid on a minimum 3-night WestJet Vacations booking made between July 10, 2014 and September 30, 2014 (11:59 p.m. MT) inclusive, for travel from October 26, 2014 until April 25, 2015 inclusive. New bookings only. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when the guest calls 1-877-737-7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online, and the WestJet Vacations agent verifies the difference. Approved reimbursements will be issued in WestJet dollars for the value of the price difference on the base price of the package. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is available to WestJet Rewards members only. To join, visit westjet.com/rewards. Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details, please visit westjetvacations.com. ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.

Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?
Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign, and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising campaign directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doctors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it and I encourage them to not prescribe it if they're not comfortable with it."

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than one-third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

"Even the best-protected networks have regular security incidents," says Jeff Debrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff Debrosse, director of security research at U.S.-based security company Websense

Medicine. Health Canada changing labels on opioid painkillers to stress risks

Health Canada has changed the labelling for controlled-release opioids in a bid to make clear the risks and safety concerns of the pain medications.

The department says the new labelling spells out more clearly the potential problems related to the drugs and to encourage more appropriate prescription of the medication.

The new labelling drops reference to use of the drugs for moderate pain, stressing that they are meant to be prescribed for pain severe enough to require daily and continuous opioid treatment.

An Ontario study released earlier this summer found that fatal overdoses from drugs such as oxycodone and morphine have soared over the past two decades as use of the addictive and highly potent painkillers has expanded.

Health Canada says that while the drugs provide effective pain management, they can induce serious health risks, and says the label changes are an attempt to reduce these risks. THE CANADIAN PRESS

iPhone 5S

Head back to school with iPhone on Canada's largest LTE network.[1]

We've got back-to-school covered with iPhone on Canada's largest LTE network.[1] Blazing-fast download speeds make researching that essay a breeze. 110 TV channels[2] available anywhere you are make chilling after school easier than ever.

$99.95[3]

2-year Plus plan with data
$729.95 no term

Visit a Bell store for our best service and selection.
1 888 4-MOBILE • bell.ca

Bell back to school just got better

Get expert advice today.
Visit a Bell store near you:

AIRDRIE
Sierra Springs

BANFF
Sundance Mall

CALGARY
1002 -17th Ave. S.W.
9650 Harvest Hills Blvd. N.E
216 Saddletowne Circle
19489 Seton Crescent S.E
Beacon Hill Centre
Bow Valley Square-Kiosk
Chinook Centre
Crowfoot Crossing
Deerfoot Meadows
Deerfoot Outlet Mall
Eaton Centre
Market Mall
Marlborough Mall
North Hill Shopping Centre -kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall–Kiosk

CANMORE
105 – 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
17551 – 100th Ave.
14822 Stony Plain Rd.
18559 Stony Plain Rd.
Abbottsfield Shoppers Mall
Bonnie Doon Centre
Currents of Windemere
Edmonton City Centre
Kingsway Garden Mall
Londonderry Mall
Meyokumin Retail Centre
Mill Woods Town Centre
Namao Centre South
Northgate Centre
Oliver Square
South Edmonton Common
South Park Centre
Southgate Mall -kiosk
St. Albert Trail at 137 Ave.
Terra Losa Shopping Centre
West Edmonton Mall
West Edmonton Mall- kiosk
Westmount Centre

FORT MCMURRAY
19 Riedel St.
Peter Pond Shopping Centre
Stoneycreek Village

GRANDE PRAIRIE
Prairie Mall
South 40 Shopping Centre

LETHBRIDGE
Centre Village Mall –kiosk
Lethbridge SmartCentres
Park Place

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Carry Drive Plaza
Medicine Hat Mall

PEACE RIVER
10032 – 100th St .

PINCHER CREEK
Ranchland Mall-Kiosk

RED DEER
Bower Place Shopping Centre
Parkland Mall
Southpointe Common

ROCKY VIEW
Crossiron Mills Mall
Crossiron Mills Mall –Kiosk

SHERWOOD PARK
Emerald Hill Centre
Sherwood Park Mall

SPRUCE GROVE
Creekside Centre

ST-ALBERT
460-140 St-Albert Rd.
St. Albert Centre

WHITECOURT
3439 -34th Avenue

Also available at:

The Source I WANT THAT · Best Buy · Future Shop · The Mobile Shop · Mobile · booth the telephone booth · Visions · Wireless Wave

Offer ends September 30, 2014. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly charges, e.g., 911 (NB: $0.53, NS: $0.43, P.E.I.: $0.70, AB: $0.44). Additional one-time fees may apply to activate a new device ($15 connection charge), unlock a phone and other transactions. See bell.ca/onetimefees for details. SIM card charge ($4.95) may apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. **(1)** Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. **(2)** Available with a Bell TV and Bell Mobility post paid plan with the Mobile TV add-on. Mobile TV includes 10 hours/mo., $3/hr thereafter. Content and channels subject to change without notice and blackout periods may apply. Select live channels and on demand programming from your Bell TV subscription are available and content viewed over Wi-Fi at home may vary and will count towards your monthly Internet data usage. See bell.ca/tvanywhere. **(3)** Available with new activations or upgrades of the 16GB version with $80/mo. spend before tax ($60/mo. plan + $20/mo. for 500MB data) or a $60/mo. plan if adding to an existing account. Promotional pricing may apply; visit bell.ca/rateplans for details. Apple and iPhone are trademarks of Apple Inc.

Teen may have had hands up when shot by cop: Pathologist

Michael Brown. The unarmed 18-year-old was shot between six and eight times

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was hit in the head and chest.

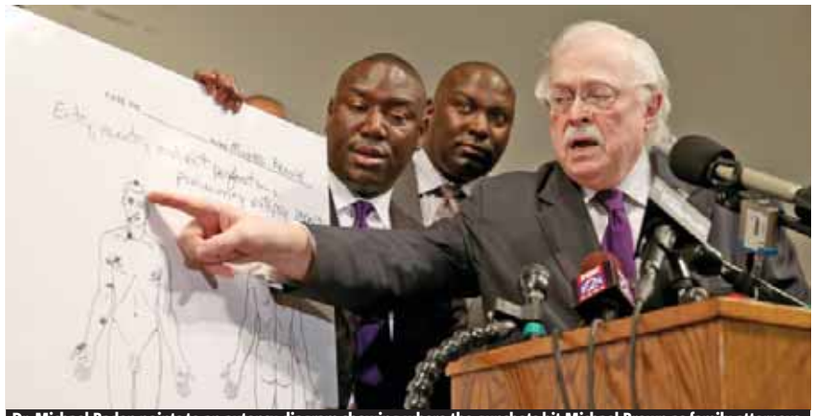
The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical examiner Dr. Michael Baden.



Dr. Michael Baden points to an autopsy diagram showing where the gunshots hit Michael Brown as family attorneys Benjamin Crump, left, and Daryl Parks look on during a news conference on Monday at the Greater St. Mark's Family Church in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

"It verifies that the witness accounts were true: that he was shot multiple times."

A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

THE ASSOCIATED PRESS

Survivor Rupinder Kang with her daughter Mannisha

Sign up to let every mom know how much she's loved.

When you take part in the Canadian Breast Cancer Foundation CIBC Run for the Cure, you are helping to fund education and advocacy programs as well as groundbreaking research. We're closer to a future without breast cancer, but we can't stop now. Join us on Sunday, October 5.

Register to Walk or Run today.

CIBCrunforthecure.com

Canadian Breast Cancer Foundation

CIBC Run for the Cure†

Canadian Breast Cancer Foundation

(†) Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation.

Child sponsorship changes family's life

Kathy Rwamuningi remembers the day her world turned open-concept. She was ten-year-old Kathy West back then, and her father had a job in Iran. The family lived in a compound, walled off from the country around them. Then one weekend, Kathy and her parents chauffeured their driver back to his home village for a visit.

"Go play," her mother instructed after they'd parked the car. Kathy stood in the midst of a group of children whose language she couldn't speak. They looked very different. But within minutes, all the kids were playing and laughing together. The walls were down.

Kathy's been determined to raise her kids the same way. As soon as they were big enough for allowances, Kathy looked into sponsoring a child through World Vision Canada. Each child pitched in a couple of dollars a month to help give Lillian, a little girl in Uganda, a chance at a better life.

"I wanted my kids to have the same experience I did," Kathy remembers, "to connect with children from other parts of the world from an early age." And this they did. The family wrote to Lillian, and eagerly followed her growth and development through letters and progress reports.

"THE WHOLE WORLD IS FILLED WITH FAMILIES WHO LOVE ONE ANOTHER AND JUST WANT TO DO THEIR BEST FOR THEIR KIDS. WE'RE ALL THE SAME ON THE INSIDE."
– Kathy Rwamuningi

Several years down the road, Kathy's family sponsored three children through World Vision. And her kids have grown up in a world undivided by language, distance or culture.

"My older two both want to be involved in some kind of humanitarian work," Kathy says, "and they're not waiting until after adulthood to begin." In Grade 12, her son, Jordan, organized a piano concert, raising $10,000 to build a school in Ghana. Her daughter, Lindsay, has been to Tonga to help build houses. Her younger daughter, Hannah, belongs to a Young Activists Club at school, and helped plan a dance to raise money for school supplies in Kenya.

Kathy meeting Joan, her sponsored child in Uganda. CONTRIBUTED

Kathy's own passion for connecting is still burning strong. While honeymooning recently, Kathy and her new husband visited Uganda to meet Joan, one of the children she currently sponsors through World Vision. Meeting Joan, and spending time in her community, reinforced what Kathy began learning as a child.

To sponsor a child, please visit worldvision.ca or call 1-866-619-2224.

2 in 3 think they can repay student loans in five years

CIBC survey. Bank executive VP applauds students' intentions, but says they may not be realistic

Getting a post-secondary degree can be an expensive endeavour, but a recent survey suggests that most students believe they'll be on track to pay off their student loans within five years of graduating.

The poll from CIBC found that about half of post-secondary students said they would need to borrow money to pay for tuition, living expenses and books.

Although about a quarter expected to owe less than $10,000 by the time they graduate, almost three quarters expected to owe more than $10,000, including 40 per cent who said they'd likely be on the hook for $25,000 or more.

The Canadian Federation of Students says students in Ontario and the Maritimes have debt loads averaging $28,000 at graduation, the highest in the country. Yet despite the predictions of big debt, most students remain optimistic about their ability to eliminate it.

Sixty-six per cent surveyed believed they'd be able to pay down their debt within five years or less, while 34 per cent expected it would take them more than six years.

"While their intentions are admirable, they may not be realistic," said Christina Kramer, executive vice-president of retail and business banking at CIBC. "As students graduate and look to start their careers, they will likely be moving out on their own, saving for a car or a down payment on a home, or even starting a family. That's why it's important for them to manage the amount of debt they take on, develop a budget that helps them carefully manage their spending while in school and have a plan to pay off debt once they graduate."

The CIBC poll was conducted online by Leger, which surveyed 500 Canadian university or college students between July 10-17. The BMO survey was conducted by Pollara online between Aug. 1-8, with a sample of 600 Canadian post-secondary students.

THE CANADIAN PRESS

Dreams by geography

Another survey, by the Bank of Montreal, found regional differences between where students lived and how much they expected to spend.

- Those who live in Alberta expected to spend the most on back-to-school purchases with an average amount of $1,236, followed by Ontario students with $1,204. Those in Saskatchewan and Manitoba expected to spend a combined average of $857.

McDonald's offers up 'Good food served fast' (according to McDonald's)

In this September 2013 photo, staff members prepare dishes of slow-cooked beef served with gnocchi fashioned out of McDonald's french fries and a fruit sauce from its smoothie mix during a dinner hosted by McDonald's for reporters and bloggers, in New York. The event, held in the city's Tribeca neighbourhood, was billed "A transforming dining experience of 'fast food' to 'good food served fast.'" Attendees tweeted out photos and the night was written up on various websites. It's part of a stealth campaign McDonald's is waging to shake its image for serving junk food. At a time when Americans are growing more finicky about what they eat, the company is hoping to sway public opinion by first winning over the reporters, bloggers and other so-called 'influencers' who tweet, write, and speak on TV. SADIYA ANSARI/THE CANADIAN PRESS

Sam Sung's card nets nearly $3K

When the eBay auction closed for Sam Sung's Apple store business card the winning bid hit almost $3,000.

The former Apple employee has auctioned off his framed business card, T-shirt and name tag, with all the proceeds from the sale going to the B.C. and Yukon chapters of the Children's Wish Foundation.

Despite the fake $80,000-plus bidding that plagued the Vancouver man's auction earlier this month the final bid was $2,894.

"WHOOP. Thank you so so much everyone," Sung posted Friday on his Twitter account, @ayesamsung, following it up with "#grateful."

Sam Sung INSTAGRAM: AYESAMSUNG

The former Apple Specialist, who worked at Vancouver's Pacific Centre store, became an Internet sensation in October 2012 when a photo of his business card was posted online during the time Samsung and Apple's lawsuit over patents spilled over into the public eye.

When one of those famous old business cards fell out of a book recently, he got the idea to auction it off for charity.

STEFANIA SECCIA/FOR METRO

Changing direction?

BlackBerry forms new business unit

BlackBerry Ltd. has created a new business unit that will combine some of its most innovative technology and patent portfolio as the company focuses away from handheld devices.

The unit, to be called BlackBerry Technology Solutions, will be headed by Sandeep Chennakeshu, the former president of Ericsson Mobile Platforms and former chief technology officer of Sony-Ericsson.

"Combining all these assets into a single business unit led by Sandeep will create operational synergies and new revenue streams, furthering our turnaround strategy," said John Chen, BlackBerry's executive chairman and chief executive officer.

Under Chen, BlackBerry has stripped out much of its consumer-oriented businesses, sold real estate and laid off employees. He told employees earlier this month that the Waterloo, Ont.-based company had completed its downsizing phase and was ready to make acquisitions and do some "modest" hiring. THE CANADIAN PRESS

Market Minute

DOLLAR 91.86 (+0.02¢)

TSX 15,338.47 (+34.23)

OIL $96.41 US (-0.94¢)

GOLD $1,299.30 US (-$6.90)

Natural gas: $3.79 (+$0.04)
Dow Jones: 16,838.74 (+175.83)

Getting out of debt doesn't have to be hard!

A consumer proposal provides a debt consolidation and reduction plan. Give us a call, we're here to answer your questions and help you find the right solution.

310-8888 text: 403 482 9000 web: www.GT.Alger.ca

Bruce Alger Marie Kozlowski Angela Lock

CONSUMER CHOICE AWARD 2014

Grant Thornton

Proposal Administrator | Trustee in Bankruptcy

TOO SOON TO START COUNTING MY EGGS?

SHE SAYS

Jessica Napier
metronews.ca

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning "not 30."

I also happen to share my birthdate with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could re-calibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face

In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

"For me, this is a very difficult photographic record," Castellanos says. "Maybe I have the only, or maybe the last, picture of that person."

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.

Especially, he wonders about the girl.

"Maybe today she is a woman," Castellanos wonders. "Maybe she has children. I don't know where she is just now, but this is a face that haunted me."

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP

FILL SCREEN WITH IMAGE TO SCAN

METRO AR IMAGE JUMPS TO LIFE

In this issue, you can find AR enhancements on page 15 in Scene, page 17 in Life and page 26 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Have you ever seen a panda bear propose to a maiden so fair?

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of "thugs" who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)

SCREENGRAB

Star Media Group President John Cruickshank • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Calgary** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Blaine Schlechter • **Distribution Manager** David Mak • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Mark Finney • **Vice-President, Finance** Phil Jameson • **METRO CALGARY** Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • **Telephone:** 403-444-0136 • **Fax:** 403-539-4940 • **Advertising:** 403-444-0136 • adinfocalgary@metronews.ca • **Distribution:** calgary_distribution@metronews.ca • **News tips:** calgary@metronews.ca • **Letters to the Editor:** calgaryletters@metronews.ca

Featuring new Excel show homes

in South Calgary, NW Calgary and Airdrie.

Leighton in HillCrest

Aberdeen in Walden

Start your home search with one of Calgary's top builders.

Building in Calgary's best communities: S | NW | NE | Okotoks | Cochrane | Airdrie

EXCEL HOMES 25 YEARS

excelhomes.ca

Over 50 Awards for Design Excellence

BuiltGreen

Exterior renderings do not in all cases reflect actual selling model. Prices subject to change without notice.

Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role

NED EHRBAR
Metro World News in Hollywood

As the titular Frank in Frank, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him. Oh, and did you know kids used to make fun of him in school because of his last name? Because they did.

How do people know it's actually you under the head for the entire film?
They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?
It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's he thinking? Is he asleep in there?'

Frank is currently screening in select markets across Canada. CONTRIBUTED

There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between the audience and the mask.

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?
Absolutely. I think definitely when I was at drama school I thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for Frank!

metro AR

→ See the full instructions on Metro's Voices page.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?
Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

Did you feel any sort of extra added pressure going into film because of your name?
Because of Rainer Werner Fassbinder? There was obviously different connotations that could be made with my name when I was a teenager or in primary school growing up, so I've definitely been on the receiving end of some of those. But other than that, no. I think you just get used to it, don't you? It's my name. But like I say, having gone through the various ways that my name can be shortened or rhymed as a kid, I'm used to it. Nothing is original anymore with that one.

DVD review

The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The Amazing Spider-Man 2 wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent Spider-Man trilogy was necessary. This latest blockbuster assault wins us over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (Chronicle) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film.

PETER HOWELL

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: August 20th - 24th, 2014
Next Seminar: September 11th, 2014 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com
GLOBAL TESOL COLLEGE

Live in LUXURY
MODERNIZED 1 & 2 BEDROOM SUITES IN DOWNTOWN CALGARY!
Our spacious suites are sure to impress you, with luxury vinyl plank flooring, utilities included, fitness facility, games room, outdoor pool & garden terrace.
PH 1-888-309-5926
CALGARY PLACE APARTMENTS

Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pratt was once plucked out of Scooby Doo van obscurity

NED EHRBAR
Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.

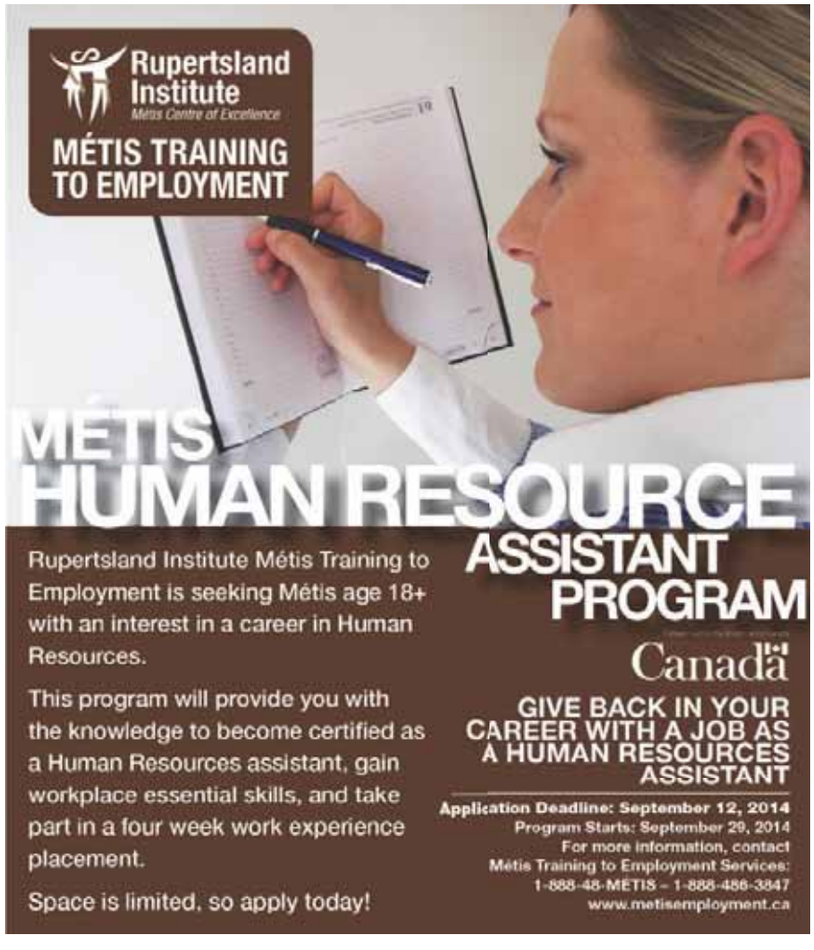
Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

RBC Royal Bank
OFFER EXTENDED UNTIL OCTOBER 31ST
Free iPad mini*
when you join RBC® and open a new all-inclusive banking account.
It's a big deal! Enjoy an RBC all-inclusive banking account, which includes access fee refunds when you use other banks' ATMs+, free Interac+ e-Transfers – and get a free iPad mini device!
JOIN RBC TODAY!
VISIT A BRANCH | 1-866-719-2878 | rbc.com/getipadmini

* Conditions apply. To get an iPad mini, you must be a new eligible personal client, open one of the eligible personal deposit accounts with RBC Royal Bank during the promotional period, and complete the criteria. Offer is not available to existing clients who had a Personal Banking Deposit Account with RBC Royal Bank before April 14, 2014. Offer available from April 14, 2014 to October 31, 2014 but may be changed, extended or withdrawn at any time without notice. Apple is not a sponsor of, nor a participant in this promotion. + For full details, visit www.rbc.com/termsandconditions. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).


Rupertsland Institute
Métis Centre of Excellence
MÉTIS TRAINING TO EMPLOYMENT
MÉTIS HUMAN RESOURCE ASSISTANT PROGRAM
Rupertsland Institute Métis Training to Employment is seeking Métis age 18+ with an interest in a career in Human Resources.
This program will provide you with the knowledge to become certified as a Human Resources assistant, gain workplace essential skills, and take part in a four week work experience placement.
Space is limited, so apply today!
Canada
GIVE BACK IN YOUR CAREER WITH A JOB AS A HUMAN RESOURCES ASSISTANT
Application Deadline: September 12, 2014
Program Starts: September 29, 2014
For more information, contact
Métis Training to Employment Services:
1-888-48-METIS – 1-888-486-3847
www.metisemployment.ca

Moves that will fit you to a Tai Chi

Make a stand.
The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN LISK
Metro in Toronto

Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.
ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

AUGMENTED REALITY

→Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.

metro AR → See the full instructions on Metro's Voices page.

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidently hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves, the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."

Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.

Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.

Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.

Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

ENTER AND YOU COULD WIN* FREE FUEL FOR BACK TO SCHOOL
AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP
instaloans
*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca.
BC LICENCE #: 50040 ALBERTA LICENCE #: 333012

Summer days call for easy eats

Skillet Chicken.
This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT
myfriendinfood.com

This recipe serves four. THERESA ALBERT

This meal comes together in a flash with barely the basics from the fridge. It is a foolproof, adaptive formula that can be cooked on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue. Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine. You really can't mess this one up. It is your go-to "cook's night off" solution.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

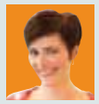
3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

5. Pour the white wine into the mixture, add butter and simmer for 1 minute to finish.

Health Solutions

Fresh isn't always best



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day. Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish
- Cooks in minutes and great for stir fries.
- Cook 1/2 cup whole wheat pasta per person. Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts
- Steam and toss with dill.

Frozen broccoli
- Simmer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

LEARNING CURVE

SHUTTERSTOCK

Get a head start

These pointers can keep you healthy, on budget, and focused this school year

Whether you're fresh out of high school or returning to your post-secondary studies, here are a few pointers to make the most of your school year:

YOU'RE NOT ALONE. Don't be afraid to ask for help from instructors and fellow students, and see what your school has to offer in terms of academic skills help, disability assistance, career planning and counselling.

"Managing time, managing stress, preparing for exams, all of that is often very important, especially for first-year students who are not used to the workloads or the strict deadlines," says Murray Sang, director of the student academic success service at the University of Ottawa.

KEEP AN EYE ON THE MONEY. "Do a back of the napkin calculation of what the school year will cost — tuition, books, booze, etc.," says Bruce Sellery, author of Moolala (Why smart people do dumb things with their money and what you can do about it).

"Look at how much money you have coming in — from loans, scholarships, parents and savings. Then figure out what the gap is. Fill the gap before it is urgent: Get a part-time job, cut back spending."

TOP STRESSORS

Eighty-four per cent of students surveyed by UThink.com say most days were at least somewhat stressful. Their biggest worries?

- Academic performance (78 per cent)
- Saving school money (77 per cent)
- Time management (68 per cent)
- Managing finances (59 per cent)
- Finding a job (54 per cent)

PUT IN THE TIME. Your class work is just the beginning. For every hour of class, you should plan to spend at least one to three hours studying outside class.

WRITE AS YOU READ. If you summarize your course readings as you go, you'll retain the information better and have ready-made exam study notes.

MAINTAIN BALANCE. This simple matter might be the trickiest, but also the most important factor in your success at school. Take time for sleep, meals, exercise and social activities, so you don't burn out.

– Steve Collins

Skilled Workers are in Demand!

It's time to get into college

Career training that works for Alberta's booming economy

Train in a unique and effective, self paced, hands-on environment

Academy OF LEARNING CAREER COLLEGE

www.academyoflearning.ab.ca

NORTH (403) 569-8973
SOUTH (403) 252-8973
RED DEER (403) 347-6676

@AlbertaAOL academyoflearning.ab.ca

HEALTHCARE • BUSINESS • TECHNOLOGY • LEGAL • ACCOUNTING

Make an impact as a health-care aide

ABES gets students industry-ready in 21 weeks

If you are the type of person who would much rather work directly with people than alone in an office, becoming a health-care aide may be the right choice for you.

With the health-care aide program at ABES (Alberta Business and Educational Services), you can become fully qualified to work in a hospital, nursing home, group home, or care facility in just 21 weeks.

"A health-care aide is an all-encompassing assistant for patients and other care workers," says Julie Wright, campus director at ABES. "As a health-care aide, you will make a difference in patients' lives as you get to know them personally and help them with their needs."

This full-time program is 21 weeks in duration, providing students with all the skills and practical experience necessary to work as a government of Alberta approved health-care aide.

The practicum component is a key part of the success ABES students have had with the health-care aide program.

ACCOMMODATING CLASS TIMES, TOO

This program also offers a bridge to an LPN training program for those who wish to pursue the health-care field further.

ABES has trained more than 8,000 health care aides.

Programs start every five weeks and classes are offered during the day, evening, or weekends.

ABES graduates have maintained an employment rate higher than 90 per cent.

"ABES places each student in a practicum, which is essential to reinforce the skills gained in the health-care aide program," says Wright.

ABES' health-care aide program will allow students to do a minimum of three different clinical placements.

"The majority of our students are placed in hospitals or long-term-care settings and we work with the students to ensure that the supervised practicum experience is a beneficial one," says Wright.

CONTRIBUTED

Because ABES works directly with local employers to better understand the needs of the industry, the students develop the most up-to-date and current skills that will help them when it is time to seek out employment. ABES runs in partnership with Alberta Health Services, Calgary Lab Services, and Alberta Human Services.

For more information, please visit abes.ca.

COMPUTER AIDED DRAFTERS ARE IN HIGH DEMAND IN ALBERTA'S OIL & GAS AND CONSTRUCTION INDUSTRIES

"Train to become a skilled technician in 2D & 3D drafting and design with specialities in Engineering and Architecture."

Antonio Cuan - Industry Expert and Digital School Instructor

BE JOB READY IN 6 TO 12 MONTHS

DIGITAL School
technical design college

Call Toll Free 1-877-414-0200

#304, 10205-101 STREET, EDMONTON, AB

UNIQUE APPROACH TO EDUCATION

Helping you achieve **better results**!
Ask us how.

Columbia's Graduate Employment Rate is one of the Highest in North America

Enroll in one of Columbia's Programs today!

NATIONALLY ACCREDITED AND/OR PROVINCIALLY LICENSED PROGRAMS

- Practical Nurse
- Health Care Aide
- Dental Assistant
- Criminal Justice
- Business Management
- Bookkeeping
- Education Assistant
- Human Services
- Integrated Training
- Alberta Basic Security Training
- Professional Investigator
- Community Support Services
- English as a Second Language (ESL)
- Language Instruction for Newcomers to Canada (LINC)
- Academic Upgrading

- **FREE COURSES** may be available for individuals applying to many professional programs
- Highly qualified, industry expert faculty
- Check out our Day Care Services
- Career and Employment Support Services

FOR MORE INFORMATION:
www.columbia.ab.ca/m
Call now: 403.235.9300
or drop-in!

COLUMBIA COLLEGE CALGARY

802 Manning Road NE, Calgary AB

Quality education that works for you & employers.

Learn business analysis in class

MRU teaches skills to assess various workplace scenarios

Since 2005, the business analysis program at Mount Royal University Faculty of Extension has been providing training to individuals and business leaders to be more efficient in the workplace, and therefore, improving their bottom lines.

"The main focus is to blend technical and business skills so that professionals help business leaders make better business decisions and to provide real solutions to actual business problems," says Richard Lannon, instructor and industry advisor for MRU business analysis program.

"This is achieved through the proper business analysis of business problems through the application of a number of well-developed, professional, hard and soft skills."

The business analysis program provides students with the foundational knowledge and skills to effectively gather, assess, communicate, and verify business requirements.

Students will also gain exposure to a variety of best practices, proven tools, and industry-recognized techniques that can be immediately applied in a broad range of business environments.

"Companies are generally interested in a few things," says Lannon. "This include decreased costs, increased productivity, improved business growth and enhanced revenue and profit — efficiency is about productivity."

In the business analysis program, students learn many important business analysis skills and develop an understanding of the approaches and types of information for gathering and documenting business requirements, processes, and risk.

Students should be able to understand numbers for opportunity analysis and build proper business cases, as well as be able to handle quality control and solutions analysis to ensure the solution does solve the problem at hand.

"Overall, they will learn what it takes to be a business analysis," says Lannon. "The base understanding and the tools and technical skills that can be applied to their work today or in the future."

This program may be taken in class, or online, so students can pick the best possible learning approach for them.

For more information about this certificate, visit conted.mtroyal.ca/businessanalysis.

EXPERIENCED FACULTY

Along with being an MRU instructor, Lannon also wears a number of other hats, including president of BraveWorld Inc., strategic facilitator, trainer, coach, speaker, and radio host.

He has worked on local, national and international projects with teams in Europe, the U.S., Asia, Australia, and beyond, and now brings his experience to the MRU classroom.

Get keen on contracts at Mount Royal University

Deals are made everyday in the world of commerce, whether the contract is an oral agreement or a written one.

These contracts between transacting parties make it more important for those involved to have a greater understanding of contracts and contracting processes.

Through one of the three contract management certificate programs at Mount Royal University Faculty of Continuing Education and Extension, individuals will learn to decode the mystery behind these contracts.

CONTRIBUTED IMAGES

"These certificates are designed to give each participant a more fulsome understanding of contracts and contract management processes regardless of whether the participant is a seasoned business professional looking to cement his or her understanding of contracts and contract management or a participant who is new to contracts and business relationships (whether as a new entrant to the workforce or as an individual exploring career change opportunities) and everyone in between who has an interest in enhancing their understanding of contracts and contract management," says Jim Silovs, instructor, Faculty of Continuing Education and Extension at Mount Royal University.

All of these certificates (contract management; contract management: principles of business law; and procurement strategies: selecting a supplier using RFIs, RFQs and RFPs) help non-legal practitioners work on contracts and other important documents to secure their businesses and relationships with clients, suppliers and other organizations.

Students of these programs will learn the meaning of what a contract is and understand the scope of its use, understand what is required to make a contract legally enforceable, learn a variety of negotiating tactics and understand how negotiation can be used to create competitive advantages.

"Given the importance of managing risk in today's business environment, an understanding of how risk can be managed using contracts is incredibly valuable," says Silovs.

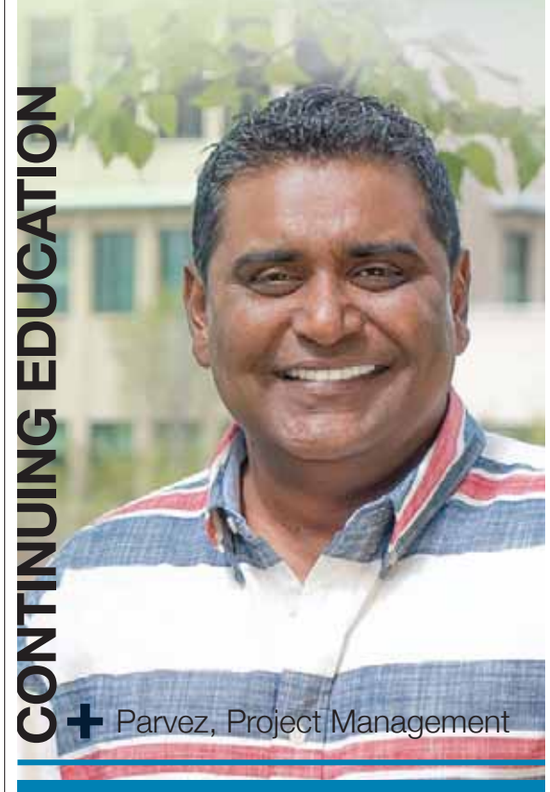
MOUNT ROYAL UNIVERSITY 1910

Build Your Career

100+ Programs in Oil & Gas, Business and Technology

Project Management, Business Analysis, Contract Management, Supply Chain Management, Human Resource Management, Oil and Gas…

CONTINUING EDUCATION



+ Parvez, Project Management

Why MRU's Continuing Education?

- Learn tomorrow's skills today
- Connect with industry professionals
- Small class sizes, big ideas
- Flexible schedules - fast track, online, classroom
- Workplace learning

mtroyal.ca/conted
403.440.6875

You can earn your diploma in less than one year

Student success is the one of the key elements offered at Academy of Learning Career Colleges.

Not only do students receive a quality education through one-on-one blended learning, they also offer career assistance placement for those who successfully complete their programs.

"Academy of Learning offers very individualized and effective hands-on learning, so that all students and personality types can work and study to the best of their ability," says Charles Jarvis, general manager, Academy of Learning.

Academy of Learning is Canada's largest network of career colleges and students can earn their diploma in less than a year, which means they can be career-ready much sooner than many other institutions.

"We're very pleased to see more recognition of everything career colleges can do for people, and the emphasis on the effects our training has on the economy is spot-on, because we

CONTRIBUTED

have one mission: to give you the skills you need to get a good job," says Jarvis.

"At Academy of Learning Career College, we are always studying labour market trends to ensure we are offering the programs people need, and our graduate employment rates show that we've been doing the right thing in those areas for decades."

For more information about Academy of Learning and the programs available, connect with them at Facebook.com/academyoflearning.ab.ca, on Twitter @AlbertaAOL, or online at academyoflearning.ab.ca.

Practical nurse program pays off with high success rate

Since the practical nurse program at Columbia College began six years ago, it's faculty have been striving to provide an environment of success for its students.

The department's hard work is now paying off.

For graduates like Marieta Bana, she says being a licensed practical nurse has really changed her life.

"I am now able to give care and be hands on with those who need my help," says Bana.

When she decided to head back to school to become a nurse, she initially attended another school, but was overwhelmed by the large class sizes.

"I transferred to Columbia because of the small class size which allows instructors to see each student's weaknesses and correct them," says Bana.

Bana is just one example of the success of Columbia's students.

Columbia College's practical nurse diploma program graduates recently achieved exceptional results on their Canadian Practical Nurse Registration Examination.

In the last writing of the CPNRE, Columbia's graduates had a 100 per cent success rate.

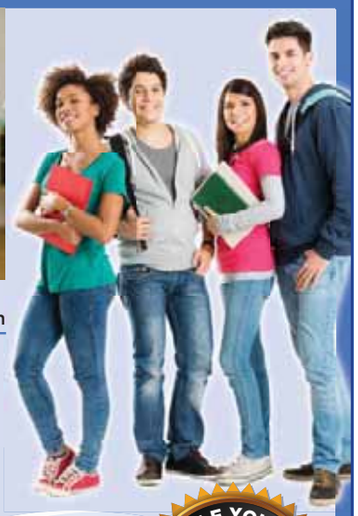
CONTRIBUTED

"We have placed a great amount of emphasis on supporting student learning by delivering the program through small class sizes, more active and collaborative student learning in class, and more help outside of the classroom," says Valerie Oliver, program chair of health care program.

"We also provided weekly workshops on writing the CNPRE exam."

For more information about this program, columbia.ab.ca.

Cambrooks College
Unlocking Career Potentials



HEALTH CARE AIDE
Government of Alberta Provincial Curriculum

DIPLOMA IN
- Administrative Office Management
- Dental Office Administration
- Alberta Basic Security Training
- Massage Therapy
- Financial Services
- Medical office assistant

STUDY WHILE YOU WORK
Distance Learning
AT CAMBROOKS

- Excellent Instruction
- Accelerated Program (recognition of previous studies and experience)

FREE LAPTOPS FOR ALL STUDENTS!

- Affordable Tuition
- Ask about loans and grants for qualified applicants

202-4015, 17TH AVE SE
PH (403) 452-3694
CAMBROOKS.CA
EMAIL INFO@CAMBROOKS.CA
Call today to schedule appointment or e mail info@cambrooks.ca.

Become a Health Care Aide in less than 5 Months

New to Canada? Looking for a great career with better pay, ABM College can help!

- We offer Alberta Government approved programs, that lead to a rewarding career
- Funding and employment services available
- Clinical Practicum included
- Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

We help you receive Government funding & scholarships

ABM COLLEGE
403.719.4300
3880 - 29 Street NE, Calgary
www.abmcollege.com

Hurry! 10 Job Ready Programs Starting Soon

Health Care Aide • Medical Office Assistant & Unit Clerk
Pharmacy Assistant • Massage Therapy • Esthetics • Legal Assistant
Business Administration • Hospitality Business Management
Accounting & Payroll • Oil and Gas Administrative Assistant

CONTRIBUTED

The fastest growing industry?

As the health industry continues to remain one of the fastest growing industries, the demand for skilled professionals in this industry is high.

"Hospitals and clinics prefer to hire individuals who are trained to meet the requirement and challenges of this fast paced clinical environment," says Naureen Saleem, medical office assistant and unit clerk instructor.

For this reason, Saleem says the medical office assistant and unit clerk program at ABM College has been and remains a very popular program.

"This program helps prepare the individuals to meet the employers expectations and are qualified to work in hospitals, clinics, health care centers, chiropractic centers and medical offices," says Saleem.

This program is a 34 week long program, including 30 weeks of academic teaching and a four week practicum in clinic or hospital setting.

"This program provides student with exposure to current industry trends and real world office settings," says Saleem.

The main objectives of this program are to develop student understanding of medical office assistant and unit clerk responsibilities, ensure that the students have a firm understanding of basic anatomy, physiology, pharmacology and medical terminology and help students develop the right skills including keyboarding, current software applications, office management and customer skills.

For more information about this program and the next intake, visit abmcollege.com.

CONTRIBUTED

DOORS OPEN AT DIGITAL CAMPUS

One of the best ways to research perspective schools is to do so online, but to really get a feel for the school it is always a great idea to attend an open house.

Not only do you get a chance to visit the campus and see the facility, you get a chance to see what your student life will be like and hear directly from staff and students about the school. On Thursday, from 2-8 p.m., stop by the Digital School Technical Design College campus Edmonton to get the lowdown on all the exciting careers available in the field of computer-aided design (CAD).

When you attend the open house, you will also have the opportunity to hear from a variety of knowledgeable presenters and have the chance to win some great prizes.

Digital School is a vocational technical design college that offers CAD training where students are able to complete diploma programs in less than a year. CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization. Applications for the Sept. 29 intake are now being accepted. For more information about Digital School, connect at Facebook.com/digitalschool.ca, on Twitter @Digital_School, or online at digitalschool.ca.

Demand for men and woman as health-care aides

SHUTTERSTOCK

The field of health care is a dynamic field, where trained professionals are in demand — both men and women.

In both the medical office assistant and health-care aide programs at Cambrooks College, they have begun to see an increased number of men applying to the programs.

"Cambrooks has had great success with people from all areas of the globe and of all age groups both male and female with much success," says Pamela Paul, programs manager, Cambrooks College.

"We encourage everyone who is looking to further their skills are begin a new adventure to join."

Paul says that demand for both men and women as health-care aides is also on the rise, as patients deserve a choice when it comes to their care providers.

"We continue to encourage both men and women to begin a new career or further enhance the one they are in by taking a course with us here at Cambrooks College," says Paul.

Cambrooks College is an affordable private college with equal opportunity for all — focusing on quality and smaller class size to allow for more thorough and individual teaching.

For more information, make an appointment to stop in and discuss educational options by calling 403-452-3694, or visit cambrooks.ca.

MOUNT ROYAL UNIVERSITY 1910

Build Your Career

100+ Programs in Oil & Gas, Business and Technology

CAPPA, Oil & Gas Office Administration, Petroleum Joint Venture, Petroleum Land Administration, Petroleum Land Business, Project Management, Supply Chain Management, RFP RFQ RFI, Contract Management...

CONTINUING EDUCATION

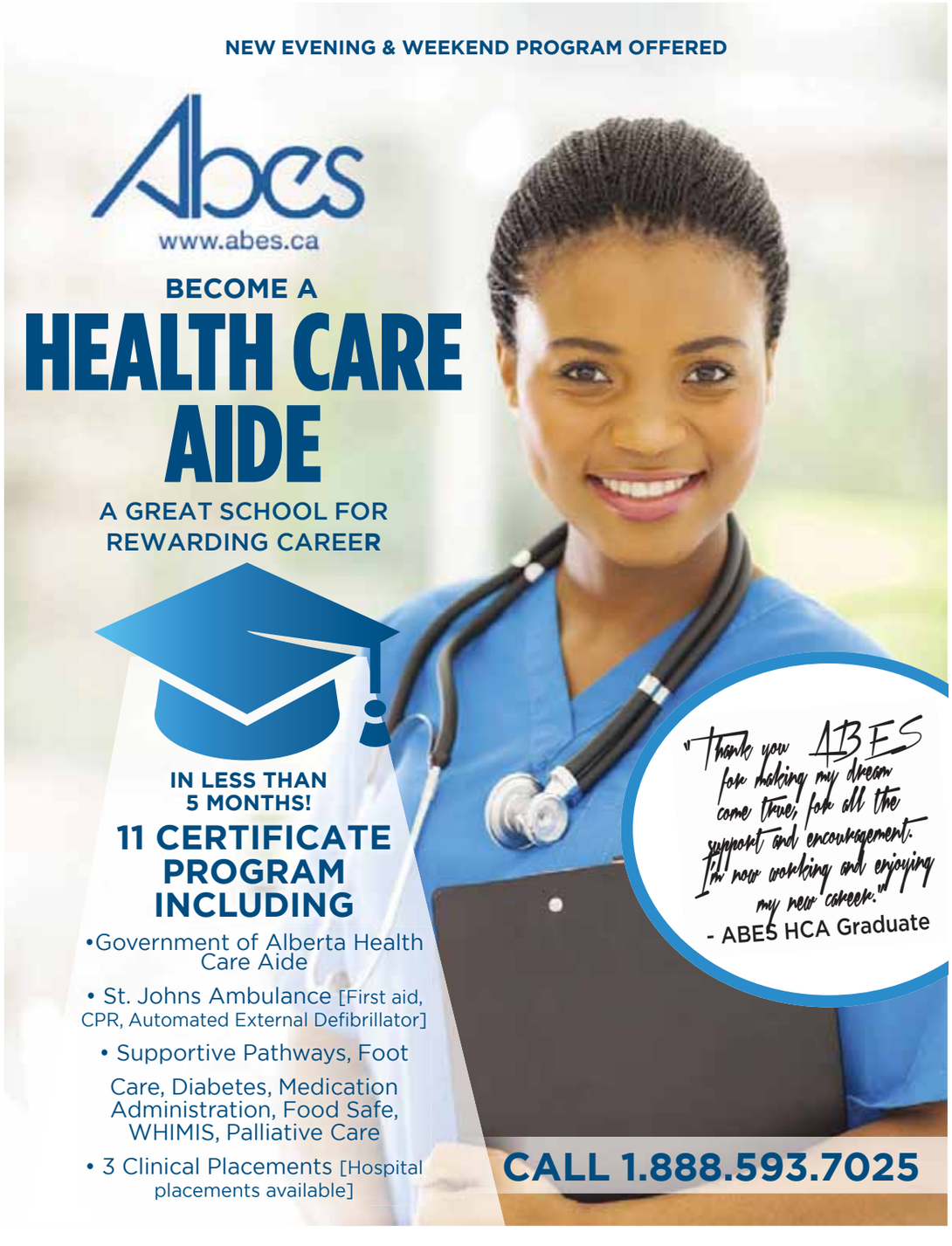
+ Jeff, Leadership Development

Why MRU's Continuing Education?

- Learn tomorrow's skills today
- Connect with industry professionals
- Small class sizes, big ideas
- Flexible schedules - fast track, online, classroom
- Workplace learning

mtroyal.ca/conted
403.440.6875

SHUTTERSTOCK IMAGES


NEW EVENING & WEEKEND PROGRAM OFFERED
Abes
www.abes.ca
BECOME A
HEALTH CARE AIDE
A GREAT SCHOOL FOR REWARDING CAREER
IN LESS THAN 5 MONTHS!
11 CERTIFICATE PROGRAM INCLUDING
•Government of Alberta Health Care Aide
• St. Johns Ambulance [First aid, CPR, Automated External Defibrillator]
• Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
• 3 Clinical Placements [Hospital placements available]
"Thank you ABES for making my dream come true, for all the support and encouragement. I'm now working and enjoying my new career."
- ABES HCA Graduate
CALL 1.888.593.7025

Females more conscientious about finances

RBC poll finds male students are more likely to take on debt

Female students seem to be more conscientious about managing their finances than their male counterparts, according to the latest student finances poll from the Royal Bank of Canada.

In the poll, women at university or college responded higher than men in terms of a more conscientious use of their money. For example, knowing where your money is spent (65 per cent versus 55 per cent), avoiding debt (62 per cent versus 54 per cent), and keeping money aside for emergencies (59 per cent versus 51 per cent).

Male students reported being more confident than female students in their ability to manage their finances while at college or university (82 per cent versus 70 per cent), but when it comes to best practices for doing so, it was women who surpassed the men," says Melissa Jarman, director of student banking at RBC. "What this says to us is that there are some gaps in the overall picture that we can help to fill for all students — both in terms of building confidence and strategies for managing finances."

Here are some of Jarman's top tips for building confidence in your finances:

KNOW WHERE YOU ARE SPENDING YOUR MONEY. Preparing a budget is the best way to stay in good financial shape while in school. But don't stop at creating a budget. Tracking your spending to ensure you're on track is the key to making it work.

DO YOUR RESEARCH. Check online sources to see if you qualify for free money that you don't have to pay back — like scholarships, bursaries, or grants. A bit of research could save you thousands of dollars.

ONLY BORROW WHAT YOU HAVE TO. Your budget will take into account all your sources of financing — like savings, RESPs and scholarships. If there is a gap between the total cost of school, including hard costs (tuition, books, transportation) and discretionary spending (entertainment), you may decide to borrow money to make up the difference. Be sure to borrow only the amount you need to fill the gaps.

SMALL SAVINGS ADD UP. Review statements from your phone and Internet companies on a regular basis to ensure that you're getting the latest deals. Take advantage of your student status to obtain discounts at movies, in restaurants and for transportation.

– News Canada

MLS

Hat trick makes Akindele player of the week

Calgary-born FC Dallas forward Tesho Akindele is the Major League Soccer player of the week.

Akindele scored the first hat trick of his career in FC Dallas' 5-0 road win against the San Jose Earthquakes on Saturday.

The rookie gave FC Dallas a 2-0 lead with his first goal of the game in the 43rd minute. Dallas forward Fabian Castillo played the ball into Akindele outside the box, and Akindele's left-footed shot off the far post to beat San Jose goalkeeper Jon Busch. THE CANADIAN PRESS

Tennis

Nadal pulls out of US Open

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, a week before play begins at Flushing Meadows. THE ASSOCIATED PRESS

Rafael Nadal THE ASSOCIATED PRESS

NFL

Manziel, Hoyer flop, Washington says thank you

Johnny Manziel struggled to hit open receivers and added another gesture to his repertoire — a middle finger apparently aimed at the opponents' bench — in the Cleveland Browns' 24-23 loss to the Washington Redskins on Monday night.

Neither Manziel nor Brian Hoyer did much to claim the Browns' starting quarterback job.

Manziel completed 7 of 16 passes for 65 yards and a touchdown. Hoyer went 2 for 6 for 16 yards.

THE ASSOCIATED PRESS

Jon Cornish doing what he does best: demolishing defences. In this photo, he avoids a tackle by Chip Cox, left, of the Montreal Alouettes during a game on July 12, 2013 in Montreal. Out since June 28 due to a concussion, Cornish says he's ready and hopes to play Sunday. RICHARD WOLOWICZ/GETTY IMAGES

Cornish is ready to have fun again

Sunday possible. Out since June, Stamps' star running back says he's fully recovered

Stampeder running back Jon Cornish is ready to rumble again.

The CFL's most valuable player and leading rusher last season has been out of Calgary's lineup with concussion symptoms since the first game of the season.

The Stampeders have Tuesday off and Cornish says he'll be back to full practice Wednesday. He says he intends to play Sunday in Ottawa against the Redblacks.

Cornish was hit hard by Montreal Alouettes linebacker Kyries Hebert on June 28. Cornish was knocked out and an ambulance was summoned onto the field, but the Stampeder tailback got up and walked to the clubhouse on his own.

"I've been ready to play for about two weeks now," Cornish said Monday. "The concussion wasn't that bad, but all things considered, it was good that I had lots of time."

The Stampeders and Edmonton Eskimos are tied for the league and West Division lead at 6-1.

Cornish was placed on the six-game injured list July 23, which made the 29-year-old from New Westminster, B.C., eligible to return Sept. 6. Clubs can pull players off the injured list early, however, which means their salaries again start counting against the salary cap.

Stampeder head coach and general manager John Hufnagel was less forthcoming about the possibility of Cornish playing Sunday, but Hufnagel indicated both Cornish and Canadian running back Matt Walter will practise Wednesday.

Hebert was fined half his game cheque — the maximum fine allowed under the new collective bargaining agreement — for the hit on Cornish in the fourth quarter of the season-opener.

Despite getting knocked out, Cornish was talkative and jovial with reporters in the locker-room following that game. But he didn't feel right after returning from the Stampeders subsequent bye week.

"It was trying to force myself to get back on the field; (that) was the biggest thing. We didn't have my neck properly diagnosed so I wasn't running right and it was causing me problems. Once we got all that figured out, it was actually really, really simple."

Cornish says once he went on the six-game injured list and stopped pushing to get back on the field, his recovery was rapid. But CFL concussion protocols do not allow players back on the field if they have any concussion symptoms.

Without football or his off-season job as a bank teller, Cornish was in the unfamiliar position of having time on his hands.

"I'm itching to work," he said. "I haven't worked at the bank for, including training camp, almost three months. I haven't played a football game for seven weeks, so yeah, I haven't really been doing much.

"I like to think of myself as a hard worker. Without anything to work hard at, it's not as fun." THE CANADIAN PRESS

Jackson released

The Ottawa Redblacks have released veteran wide receiver Paris Jackson.
The former CFL West all-star had just six receptions for 34 yards over eight games with Ottawa this season.
Prior to signing with the Redblacks in March, the Vancouver native spent 11 seasons with B.C and helped the Lions win two Grey Cups (2006, 2011).

Veteran wide receiver Paris Jackson GETTY IMAGES

4 SPORTS

Check out some of the reasons why Nissan is
THE FASTEST GROWING BRAND IN CANADA
Over the last 12 months in the non-luxury segment.
NISSAN Innovation that excites
MY NISSAN
CHOOSE FROM
MY CHOICE sales event
$750 BONUS CASH[1] OR 4 SEMI-MONTHLY PAYMENTS ON US[2] OR NO CHARGE ADDED SECURITY PLAN[3]
On top of select lease and finance offers*
THESE DEALS ONLY AT SUNRIDGE NISSAN:
MURANO! MURANO! MURANO!
135 IN STOCK
INVOICE SALE CLEAROUT
Enter TO WIN A $2,000 GIFT CARD TO NORDSTROM
WE NEED YOUR TRADE
NO PAYMENTS UNTIL NOVEMBER*
2014 MURANO SV
WAS: $39,348
$30,938
$168 B/W** WITH $2000 DOWN
4.25% FOR 96 MONTHS
SN516416
2014 MURANO SL
WAS: $42,598
$33,652
$184 B/W** WITH $2000 DOWN
4.25% FOR 96 MONTHS
SN516288
2014 MURANO PLATINUM
WAS: $47,348
$38,484
$210 B/W** WITH $2000 DOWN
4.25% FOR 96 MONTHS
SN515647
Summer Service Special
OIL CHANGE & INSPECTION
• INCLUDES LUBE OIL FILTER (UP TO 5 LITRES OIL-DOES NOT INCLUDE SYNTHETIC OR ESTER OIL)
OP CODE: SUMMER1 $99.95
• TIRE ROTATION OR SWAP (W/ RIMS) MBM EXTRA
• FREE BRAKE AND UNDERBODY INSPECTION
We Speak Your Language
URDU, PUNJABI, HINDI, ARABIC, ITALIAN, SPANISH, CANTONESE, MANDARIN, FRENCH, TAGALOG
FIRST TIME BUYER PROGRAM NEWBUYER.SUNRIDGENISSAN.COM
$500 DOWN PAYMENT ON US
SUNRIDGE NISSAN 403-291-2626
SUNRIDGENISSAN.COM
3131 32 Ave NE, Calgary, AB
Kaizen AUTOMOTIVE GROUP PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM
MY NISSAN MY CHOICE OFFER: AVAILABLE TO ALL QUALIFIED RETAIL CUSTOMERS WHO LEASE OR FINANCE A NEW 2014 VERSA NOTE/SENTRA/ROGUE/PATHFINDER/TITAN MODELS ON APPROVED CREDIT, THROUGH NISSAN CANADA FINANCE BETWEEN AUGUST 1-SEPTEMBER 2, 2014. ASP PRODUCT REQUIRES CUSTOMER TO SIGN REGULAR ASP APPLICATION. CLAIM FORM MUST BE COMPLETED & SUBMITTED. SEE MORE DETAILS AT: http://www.choosenissan.ca/vert-en/legal. **CASH PRICES INCLUDE FREIGHT. + PDI, DOES NOT INCLUDE FEES OR TAXES. PAYMENTS BASED ON 96 MONTHS W/ $2,000 DOWN @ 4.25%. PAYMENTS ARE + FEES AND TAXES. COST OF CREDIT: (SN516416: $5,348.11), (SN516288: $5,840.51), (SN516647: $8,716.67). TOTAL OBLIGATION: (SN516416: $33,225.15), (SN516288: $36,074.85), (SN515647: $41,184.46). ENTER $2,000 GIFT CARD DRAW AT SUNRIDGE NISSAN. *NO PAYMENTS OAC. NEW BUYER PROGRAM IS WITH NCF, CANNOT COMBINE WITH PRICES AS GIVEN. PRICES DO NOT INCLUDE GST, DISCOUNTS ARE FOR A LIMITED TIME FROM NISSAN CANADA. ERRORS & OMISSIONS EXCEMPT. VEHICLES MAY NOT BE EXACTLY AS SHOWN. SEE DEALER FOR DETAILS.

Mexicans send Australians packing

Australia's Blake Monaghan scores under the tag of Mexico catcher Gabriel Heredia during an international elimination baseball game at the Little League World Series on Monday in South Williamsport, Pa. Mexico won 6-2 and will face Venezuela on Tuesday afternoon. Scan the image with the Metro News app for the best photos from the tournament. MATT SLOCUM/THE ASSOCIATED PRESS

Ballmer lets it all loose over Clippers

Wild celebration.
Chest-bumping and all, former Microsoft CEO says team not moving

New Clippers owner Steve Ballmer fires up the crowd as he arrives at the Clippers Fan Festival on Monday in Los Angeles. JAE C. HONG/THE ASSOCIATED PRESS

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

The former Microsoft CEO made his way through the crowd inside the Staples Center to Eminem's Lose Yourself, exchanging high-fives and chest-bumping as he took the stage in front of 4,500 fans.

Ballmer paid a record $2 billion for the team in a sale that was confirmed by a judge last week. The name of disgraced former owner Donald Sterling, who controlled the team for 33 years before being banned for life by the NBA for racist remarks, was never uttered during the rally.

"We're looking forward," Ballmer proclaimed, having removed his blue Clippers hat. "Everything is about looking forward."

Ballmer's fervour was in stark contrast to Sterling, who never spoke to the media and was famously frugal when it came to spending on the team during decades of losing — despite having amassed a fortune through real estate.

"Today is about this other guy who just happened to have two billion dollars in his pocket," coach Doc Rivers joked on stage. "I asked him, 'Are you sure it went through?' and he said, 'I know my bank account is minus two billion, so I know something went through.'"

Ballmer used a microphone, but his booming voice easily filled the arena without it. He prowled the stage and gestured to make his points in the enthusiastic style for which he was known among Microsoft employees.

"We're going to be bold. Bold means taking chances," he said. "We're going to be optimistic.

"We're going to be hardcore. Nothing gets in our way — boom! The hard-core Clippers, that's us."

THE ASSOCIATED PRESS

Not moving

Ballmer gave out his email address during the televised rally and was quick to assure fans he won't move the team to Seattle, where he's lived for 34 years.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

♉ Taurus
April 21 - May 21
You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

♊ Gemini
May 22 - June 21
Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

♋ Cancer
June 22 - July 23
There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

♌ Leo
July 24 - Aug. 23
Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

♍ Virgo
Aug. 24 - Sept. 23
Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

♎ Libra
Sept. 24 - Oct. 23
With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

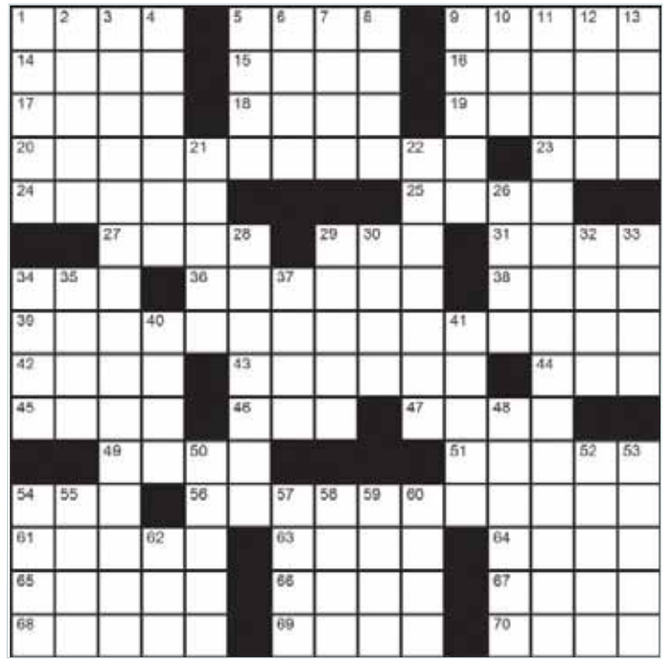
♐ Sagittarius
Nov. 23 - Dec. 21
These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

♑ Capricorn
Dec. 22 - Jan. 20
Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

♒ Aquarius
Jan. 21 - Feb. 19
Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

♓ Pisces
Feb. 20 - March 20
The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

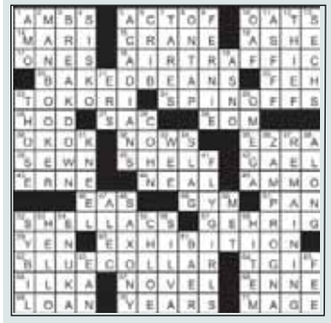
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mob boss
5. __ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-__-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "_ __ what..." (Popeye's credo)
29. Lab subj.
31. "_ __ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the __"
44. Fitness system, __ Bo
45. Umpire's call!
46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good __ (Nice person)
56. What step dancers dance to: 2 wds.
61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down
1. Outfielder's feat
2. "I Was _ __ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete __" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael __ (London, Ont. born director)
10. Lungs' longing
11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has __ __ up one's sleeve
22. New Testament letter
26. Cabo da __, Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean __ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "__ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't __ __ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-__ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	1				2	3		
5			3	1				7
					6	4		
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

ENTER AND YOU COULD WIN* FREE FUEL FOR BACK TO SCHOOL

AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP

instaloans

*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca. BC Licence #: 50040 Alberta Licence #: 333012

Edison
AT WALDEN

SHOWHOMES NOW OPEN

INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE $300'S

Ranging from 1,130 to 1,400 square feet, at Edison, you'll find clever design inside and out. Two car attached garages, two & three bedroom floorplans, & majorly modern exteriors make these townhomes a brilliant choice.

QUICK POSSESSIONS

AVIURBAN A MULTI-FAMILY DIVISION OF AVI

*Artist rendering. Possession subject to availability. Prices subject to change without notice. E&O.E.

aviurban.com/edison
285 WALDEN DRIVE SE | 403.536.7236